

BEEP BEEP BEEP...the disgruntling jolt of an alarm clock blares into the silence of a Monday morning, beckoning many to their nine-to-five job. This sound is most dreaded at the beginning of the week, but there's a group trying to cure the Sunday blues and make Mondays exciting.

Monday Movement meets bright and early at 7 a.m. every Monday in Zilker Park. The group, led by Black Swan yoga instructor Kennon Lydick, works to fight negative mental health effects that accompany end of the weekend dread. She utilizes methodic tools that yoga provides our minds and bodies, while making sessions cost-free and open to the Austin community.

Members of the club traditionally walk to Barton Springs after the session for a cold plunge. The group hosts early meetings so anyone with a busy day can join before work begins.

Lydick's yoga journey began two years ago in San Antonio, Texas, while she studied dietetics. Completely fresh to the process, she snagged a deal for classes at the Black Swan studio in San Antonio.



Kennon Lydick, a Yoga Instructor with Black Swan Yoga Studio, teaches a Monday Movement session at Zilker Park in Austin, Texas, on Sept. 11, 2023.

“I did yoga every day for like two to three months, and then went on winter break and was hooked!” Lydick said.

She described moving back to Austin at the end of her first year of doing yoga and having a desire to be a teacher.

“I knew I wanted that entrepreneurial path of starting something...I just didn’t know I would take it into yoga,” Lydick said.

The motivational call to form Monday Movement began when Lydick began hosting a small yoga group with friends at Zilker Park as teaching practice. Lydick said one specific friend came to her one day and suggested she make the gathering a “legit” event.

“We were talking and decided that the message should be to make Mondays awesome, because if you hate Mondays you hate your life,” said Lydick.

The typical working culture in the United States emphasizes nine-to-five schedules for employees. Over the decades this has caused a stereotypical hatred for Monday.

Mckenzie Nabi, an attendee of this group, said that going outside to exercise on Monday gives her a sense of accomplishment for the day and the week, while releasing a sense of calm.

“I am a student who works almost full time and I look forward to the times I can just relax and not think about all of the hectic things to come,” Nabi said.

[The American Osteopathic Association](#) provides a wide variety of information about yoga and insight on how its mental and physical benefits intertwine.

“Regular yoga practice creates mental clarity and calmness; increases body awareness; relieves chronic stress patterns; relaxes the mind; centers attention; and sharpens concentration,” said Natalie Nevins, a board-certified osteopathic family physician.



Monday Movement attendees stand in a yoga stance called the Tree Pose at Zilker Park early Monday Morning.

What makes this group unique is how it grew. When these meetups transformed into Monday Movement, there were about ten members. Lydick recounted that after two months it grew to 20 people then stayed consistent to that number for around another two months

“I remember my friend posted a TikTok that went viral, and it was really exciting. The week after that we had 70 people show up,” she said.



Attendees of this Monday meetup go into a stance called the Warrior Pose at the end of the yoga session in Zilker Park.

Nabi even recounted that her reason for coming was through a friend that saw the TikTok, and said it seemed like a fun way to exercise and start the week.

Due to recent growth in numbers, Monday Movement has recently been able to include sponsorships. Lydick said this helps to bring in new members while also supporting Texas based businesses.

Past Monday Movements have been sponsored by recognizable brands such as Juiceland, Element, Wildway Granola, Fibonacci Food, and more. Lydick said she hopes that eventually the event will be paid for through their sponsorships.

One attendee that has been going from the very beginning is Nick Goldreyer. He remembered watching the group grow over the months and thought it was really awesome.

“To me, the best part of Monday Movement is not just the yoga– but getting out in the morning and being awake at 6:30...it’s usually the best part of my week,” Goldreyer said.

Lydick recounted that when it hit such a large number of members, they had to start making distinct changes. She said she went from teaching without a microphone and using a small speaker, to using a headset microphone and large speaker.

“The biggest it’s been in one week was around 135 people...I never knew how big it would or could get,” she said.

Overall, Lydick said she wants everyone to feel really welcomed to this group.

“I want people to feel supported and I feel like this cohesive community can be really nice, especially in such a big city,” she said.

Many individuals are in search of stress relief, new friends and a supportive community. Monday Movement can provide these aspects of life while also intertwining a meditative exercise along with it.

“I haven’t really had to sell it to people, the event sells itself. It’s fun, it’s inspiring and it makes your days better” said Lydick.